



MARK YOUR CALENDARS

Worship Service is held every Sunday at 10:00 A.M.
 Communion is held every Wednesday at 9:30 A.M. in Kempf
 Catholic Mass is held every Wednesday at 10:15 A.M.
 Lutheran Worship is held every Tuesday at 10:00 A.M. in Kempf
 Sentimental Reflections is on Channel 4 every Thursday at 1:00 P.M.

November 2019

2 (Sat)	2:30 P.M.	Saturday Praise & Worship
3 (Sun)	10:00 A.M.	Service of Remembrance
8 (Fri)	2:00 P.M.	Dementia Family Meeting: Communicating with People With Dementia
10 (Sun)	2:00 P.M.	Piano Recital Featuring Tamara
11 (Mon)	10:15 P.M.	Celebrating our Veterans
12 (Tue)	All Day	Alzheimer's Day
13 (Wed)	1:30 P.M.	Resident Council in Kempf Chapel
15 (Fri)	2:00 P.M.	Auxiliary Birthday Party
16 (Sat)	2:30 P.M.	Saturday Praise & Worship
18 (Mon)	2:00 P.M.	Movie on the Big Screen "Breakthrough"
19 (Tues)	2:00 P.M.	Rick Pickren Presents "Songs of the Singing Cowboys"
21 (Thurs)	7:00 P.M.	Bell Telephone Bingo in Hearthstone
22 (Fri)	10 A.M. to 3 P.M.	Auxiliary Christmas Sale
27 (Wed)	2:00 P.M.	Thanksgiving Eve Service



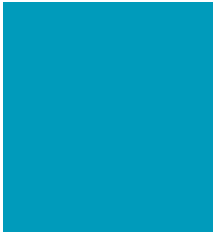

Happy Thanksgiving



HEARTH & HOME

A monthly newsletter for residents,
 families, friends and staff of
 Lutheran Home

November
 2019



Spirituality

Creativity



Health



Social



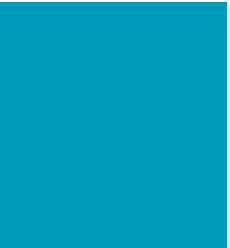
Music



Physical



Cognitive



Emotional





A WORD FROM OUR ADMINISTRATOR

Welcome Richard Rellora, Director of Nursing



Happy Thanksgiving and all things pumpkin spice flavored!

It is with great excitement that I introduce Richard Rellora as our New Director of Nursing!

Richard is a Registered Nurse and a Licensed Nursing Home Administrator.

He comes to us most recently from a role where he managed multiple communities in a highly effective manner of achieving quality and compliance standards. He is highly energetic and loves to work alongside his team.

Richard enjoys teaching our staff and then going out and identifying wins! He believes in the philosophy to “ignite” our employees by sharing his passion to care for others.

Many of you may have already met Richard as he can be seen out and about getting to know everyone!

Richard is back from celebrating his honeymoon in the Philippines and is anxious to make a difference for everyone we care for here at the Lutheran Home.

Please welcome Richard and we are happy to have you on board!



Volunteer Corner



Meet Volunteer Beth LaPonte

In 2005, my siblings and I made the very difficult decision to move my Mother out of her home in Birmingham, Alabama to a facility that could provide her with the ongoing care she needed. We tried several different places from Memphis to Ohio, but eventually we decided that Chicago would be the best place for her and for me. After interviewing several residences, Lutheran Home was the obvious fit and the move was made. Mom lived 5 years at Lutheran Home and received the most amazing care. After Mom passed, the Lutheran Home always held a special place in my heart.

Out of nowhere, on a whim one day, my husband and I thought it would be “fun” to have a dog. It didn’t take us long to call a breeder and within a day, we had our puppy. From the first time Winston and I met each other, I knew there was something very special in his need to be with and touched by people. I remember sitting on the living room floor of the breeder’s home watching and holding several little wiggly fur balls. First I picked up a fluffy cream colored female, only for her to be pushed off by a brown squirming male with a white chest. I tried to hold each puppy, just to make sure I gave them all a fair shot, but that brown puppy squirmed his way back onto my lap and into my life for good. My decision was made. He was coming home with me.

He seemed like such a proper fellow, so we named him Winston. For the first 2 years Winston was all but “proper”! I had forgotten how hard it is to train a puppy; thank goodness Winston was kind enough to remind me. He eventually passed basic obedience and after three attempts he passed the AKC Canine Good Citizen Certification. All of a sudden, things made sense. I had this crazy puppy that exuded joy wherever he went and I couldn’t help but think that my Mother would have loved to have seen him while she was at the Lutheran Home. Needless to say, his (and my) training began. For the last 6 months Winston and I have been on a learning adventure at the Lutheran Home where we have made so many wonderful new friends. Thank you for being so welcoming to Winston and me!



Please let volunteer manager, Beth Gauthier, know if you would like a visit from Winston! (368-7484)

1 Jane Cantieri
1 Joyce Lange
3 Margaret DeLacy
3 Marilyn Grandy
3 Joan Kotwica
5 Marion Heunisch
6 Margaret Lonergan
7 Bernice Skach
8 Dorothy Lorenz
9 Arlette Pratscher
9 Dorothea Munn
9 Barbara Stout
10 Jean Stuertz
14 Louise Mackay
14 Virginia Barnard
14 Nancy Heidenreich



14 Hugo Hintz
15 Lois Anderson
17 Lolita Lorenz
18 Effie Gish
20 Patricia Busse
21 Robert Meyer
21 Margery Klingel
21 Jonathan Schwartz
23 Geraldine Karz
25 Ursula Durante
26 Jean Baar
26 Arleene Thiel
27 Ruth Forster
29 Dawn Bergen
29 Dennis Lind





FROM THE CHAPLAIN'S DESK



⁴Enter his gates with thanksgiving, and his courts with praise.

Give thanks to him, bless his name.

⁵For the LORD is good; his steadfast love endures forever,
and his faithfulness to all generations.

From Psalm 100: 4-5

Thanksgiving Day is a few weeks away. This entire month of November is a time when we specifically turn our hearts and thoughts toward a season of thanksgiving. In a spirit of gratitude, we are called to lift up those parts of our lives, our families, and our communities for which we intentionally give thanks. We give thanks and praise for all the goodness we experience each day.

As you reflect upon the past year, what are you thankful for? How has your life been blessed? What gifts has God brought into your life that allows your soul to sing? Whether large or small; whether major or minor; whether it is life changing or seemingly insignificant, each of us has blessing in our lives. Reflect up on the blessings in your life. It may be as specific as a special moment like an unexpected visit with a family member; or, as routine as the sun shining through your window. It may be a meaningful conversation with a friend, or a surprise visit from a grandchild. Think about it and speak aloud that moment when you feel full of delight. With an attitude of gratitude, give thanks for blessings God has given you.

Throughout the month of November, I encourage you to find one joy or one blessing each day to be thankful for; then, praise God for that particular gift. Let us lift up our hearts in the thankfulness and song! In giving thanks, our souls will sing with joy!

In a spirit of joy and thanksgiving,
Pastor Matt

Thanksgiving Service

Wednesday, November 27 at 2 p.m.

St. John Chapel

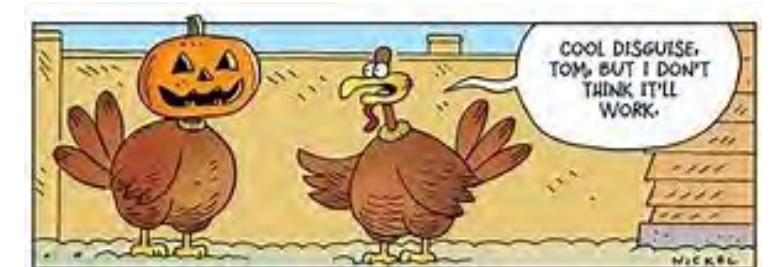
Tips from Culinary

Nutrition Tips for the Holidays

Does it feel too soon to think about the holidays? Well they're right around the corner! It's much easier to avoid gaining weight this time of year than it is to try to lose it in January! Use the following tips to maintain your weight:

- 1) Choose your splurges! Don't waste your calories on store-bought cookies or treats that you can have any old time. Savor those special items you can get only this time of year, or home-made treats provided by loved ones,
- 2) Watch your liquid calories! Many folks don't think twice about their beverages while celebrating, but they can provide lots of extra sugar (such as soft drinks) and calories (such as egg nog or hot chocolate).
- 3) Think color! The best way to get all the nutrients your body needs is by eating a wide variety of colors of fruits and vegetables. When you look at your plate, you should see many colors.
- 4) Visit with people, not the food. If you're at a celebration, don't linger by the food – concentrate on connecting with the people there!
- 5) Eat until you're satisfied, not stuffed. It takes time for the message to get from your stomach to your brain letting you know that you're "full". Eat slowly and savor the flavors!

As always, exercise as much as your doctor tells you that you can!



A WORD FROM OUR FOUNDATION



Thanksgiving brings up such wonderful memories. My grandparents always hosted in their big basement. They would have all of their tables down there – and even used the ping pong table for seating for around 30 people. I was always at the kids table of course – getting in trouble for eating too many pickles and black olives from the relish tray before dinner even started. I remember lots of laughing and loud, fun conversations. My grandpa, who I called Pop-pie, would bring the giant turkey down the stairs and everyone would clap.

Something else I remember was that there would always be “turkey butter” in the table. I guess my grandma had a mold she would use to make the butter in the shape of a turkey – and she would have a flock of them around the tables. It was a perfect addition to a perfect day.

When Chris and I started to host Thanksgiving at our house about 10 years ago, I made assignments to the families coming on what they should bring. Chris always makes the turkeys – one on the grill and one in the smoker – so everyone else brings the side dishes. Thinking that most families had the same memories, I asked my niece and her family to bring the milk and turkey butter. I should have noticed she looked at me oddly, but just assumed she knew what I was talking about. In fact you can now even buy turkey shaped butter at the store! A few days before Thanksgiving she finally called and asked what turkey butter actually was! I laughed and told her about my childhood memory.



dition theirs too.

Now every year their family brings the turkey butter (made in a mold) and something else turkey shaped – this year we are looking forward to a turkey veggie tray!

I think that is an example of how wonderful traditions can be when they are blended with new things. The world is changing so fast, it is nice to keep some of those old memories alive, even with a fresh perspective. I think that is why we have so many wonderful donors at the Lutheran Home. So many donors have memories of visiting their loved ones here, coming to events, or even shopping at Auxiliary sales. Even though the look of the Lutheran Home has changed over the years, many of the wonderful traditions – especially that of benevolent care - stay the same. As we look forward to another season of Thanksgiving, I have to say that I am so thankful to be here. I am so connected to the mission and faith of Lutheran Home – there is no place I would rather be. I wish for each of you a wonderful Thanksgiving full of good food, wonderful traditions, and lots of turkey butter!



MyFitness

Behavioral Barriers

Hello everyone, and welcome to the month of November! The temperature is quickly dropping as we approach the upcoming winter season, so I hope everyone is able to stay warm. For the month of November I will be talking about Behavioral Barriers. Now before I dive into the topic it is worth stating that there are entire industries and professions dedicated to studying, explaining, and even capitalizing on why people behave the way they do. There is a lot of information out there on the topic, but what I will do is talk about how I have seen behavioral barriers manifest and impede wellness programs.

Where our behaviors originate from is a question that can have thousands of answers (people are quite complex, are we not?). I feel that there are three origins of behaviors that pertain well to the topic of wellness program barriers: Our upbringing, our emotions (just like from mental barriers), and our brain’s internal rewards system. Our upbringing undoubtedly plays the largest role in how we conduct ourselves as adults. Take a moment to reflect on your childhood. Were your parents active, or were they sedentary? Did you live in a household that only had healthy food to snack on, or was it full of candy, chips, and other junk food? Now reflect on how these living conditions shaped how you are today. Using the same approach, reflect on how your emotions change how you behave as well as what behaviors make you feel good to get an idea of how these origins can manifest behavioral barriers.

How behavioral barriers present themselves can become complex, but the way I have seen it work as a barrier is the behavior reinforces an internal personal bias with properties that impede a wellness program. For example, I am sure that we have all heard someone say “I don’t have enough time to exercise”. Unless they work 80 hours per week, time can be made for exercise. The behaviors that reinforce this bias could be waking up late, spending time on the couch watching TV after work, or always making plans right after work that take up the evening. All behaviors operate on the basis of exercising at the gym being a low priority.

To overcome behavioral barriers is to embrace change. This of course is easier said than done because our brains are wired to prefer actions that activate familiar reward pathways and avoid actions that bring discomfort. Change is therefore initially uncomfortable by nature, so to overcome a behavioral barrier one must be prepared to embrace the discomfort that accompanies change. The underlying attribute that enables this to happen is willpower, just like with physical and mental barriers.

Thank you everyone for reading!

Anthony Urse